

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Violet

Violet has been in the shelter system for over 18 months. She was transferred to our Meyers shelter in January in the hopes of finding a home at Lake Tahoe.

And especially since the kittens have arrived, she is still being passed over. She is 5 years old and is very affectionate with people, but she'd rather be your only pet.

Violet has her own large covered litter box.

Violet is spayed, microchipped, and vaccinated. She is at the El Dorado County Animal Services shelter in Meyers, along with many other dogs and cats who are waiting for their new homes.

Go online to see photos and description of all pets at the shelter.

Call (530) 573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go online.

– Karen Kuentz

Firefighter making history in South Tahoe

By Kathryn Reed

Leslie Asbury didn't grow up dreaming of being a firefighter. But she became one. She didn't set out to break ground in South Lake Tahoe, but she is. She isn't saying she will be a fire chief one day, but she's on that path.

The 38-year-old South Lake Tahoe firefighter is about to earn her captain's pin. And in doing so she will be the first female captain in South Lake Tahoe Fire Department's history.

"The thing I love about this job is you never know what you are going to get when come to work," Asbury told *Lake Tahoe News*. "Unfortunately, you deal with lot of people's really bad days. We try to make it better. It takes a lot of training and education."



Leslie Asbury is South Lake Tahoe Fire Department's first woman captain.
Photo/Kathryn Reed

Asbury went to college to become a magazine writer. As she was

about to graduate she knew that was not the profession she wanted to pursue. She thought firefighting might interest her so she set up a meeting with a director of an academy in San Jose. That week there was a seminar about women in fire service.

"I fell in love with it," Asbury said. "The biggest thing is helping people; trying to make a difference in their situation."

She started with CalFire seasonally in 1998 in Santa Clara.

Asbury took a break to go to paramedic school. Then she went back to CalFire in the Indian Wells area.

She started with South Lake Tahoe in November 2002 as a firefighter-paramedic. A handful of years ago she was promoted to engineer. In May she found out she would be captain.

It's not a matter of having a higher up promote an individual to captain. A written test, tactical simulation exercise, public presentation, an exercise involving managing a crew and writing a staff report for the chief were some of the criteria to be considered for the promotion to captain.

Plus, there were the prerequisites to apply – the necessary state fire training and education.

"The folks I have worked with, men and women, they want to be identified as firefighters first," Fire Chief Bruce Martin told *Lake Tahoe News*. "Women in fire is something I have seen all my career."

Martin started in business in 1978. Today, across the U.S. the fire service is still a male-dominated profession, with about 10 percent of the work force being women, Martin said.

He said about five years ago he was at a women's firefighting conference where the group was celebrating the first retirees – showing that a generation of women firefighters have gone

through the ranks.

“It brings a necessary diversity to our departments that help us relate better to our communities,” Martin said of having women on staff.

Asbury said being a woman has never been an issue for her at this department. And she doesn’t foresee her promotion changing that.

What she sees changing is having to do more paperwork.

One of the main responsibilities of a captain is being in charge at the scene of an emergency.

“(I will be) making decisions how to mitigate that emergency. Along with that comes the responsibility of making sure your crew is safe and goes home safely,” Asbury said

For Asbury, the hardest calls are the ones that involve children.

Being on the ground June 27, 2007, was hard too. She fought to save homes, but 254 were destroyed in the Angora Fire.

“It was hard to see friends’ houses burned down,” Asbury said.

One of the more memorable calls was when a guy died in front of the crew, but using a defibrillator the paramedics revived him. He was transported to the hospital and lived.

Running and cycling are ways for Asbury to clear her mind of the day’s events – especially the unpleasant ones. She also skis and does triathlons – the half Ironmans.

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Note:

- Pinning ceremony is June 28, 4pm, Lake Tahoe Airport.

- Tyler Jack will also receive his captain's pin.
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Postcards' importance fades with technology

By Monica Cure

In this age of Instagram and Twitter, it is easy to forget how recently postcards were a principal way of sending images and short messages. Nothing about postal communication seems appropriate for that today: Someone once confessed to me that he hand-delivers postcards after he returns from a trip because they arrive more quickly that way.

Yet when postcards were invented, they were revolutionary technology – and caused their own uproar.

It was 1865 when German postal official Heinrich von Stephan was the first to propose the adoption of what he described as an “open post-sheet” made of stiff paper. One side would be reserved for the recipient's address, and the other side would have just enough space for a brief message. It would circulate at the cheapest rate possible.

Von Stephan's proposal was rejected as too radical.

It seemed economically unworkable to the other delegates of the Austro-German Postal Conference. Who would forgo their privacy, even for the sake of convenience and frugality?

Four years later, when a similar proposal was accepted by the Austrian post office, the public answered that question. Three

million postcards passed through the Austrian post within the first three months. Nations around the world quickly issued their own official postcards. Seventy-five million were sent in Britain in 1870, the year it adopted the new medium.

The postcard's popularity baffled and even appalled the cultural elite. On one hand, it seemed ridiculous and highly inappropriate to write anything remotely personal on a postcard, where postal workers, neighbors or servants could read the message. On the other hand, if one lacked anything substantial to write, why write at all? The smaller format inhibited sustained thought. Some even blamed the postcard for a decline in literacy and argued that its shorter format led to poor grammar.

"I have no words in which to speak of this abomination," complained one writer in Scribner's Magazine in 1908. "It symbolizes the triumph of the commonplace, of the cheap-and-easy, the utter capitulation of individuality... On their edges will be scrawled flying words, and some initials ... to me who so dearly love a quiet letter from a friend, [even] written infrequently."

Postcard enthusiasts became just as extreme in their pronouncements. They saw it as a symbol of democracy itself and a revolution in interpersonal communication. Affordable to all, the postcard was hailed as the most important postal advancement since the penny post. It created more points of contact between family members and friends, regardless of class. It was even credited with facilitating global understanding through the establishment of international postcard exchange clubs.

For true postcard aficionados, communicating via postcard was not just easier but also better. They waxed poetic about the sentimental merits of this new abbreviated medium. Less room to write meant instant synecdoche. "Wish you were here" on a hand-colored postcard of the "moonlit" Eiffel Tower –

necessarily just a taste of what the sender was thinking as he put pen to card – could evoke a world of desire. The recipient would imagine the rest.

Yet, ultimately, this way of saying everything could also be interpreted as saying nothing. As telephone service spread exponentially in the early 1900s, it now seemed to exemplify all the benefits once attributed to sending a postcard. Placing a call was faster and eventually would become cheaper so that one could both “say” more and say it more easily.

The postcard’s history reminds us that there are always hopes and fears projected onto the latest communication technology. Ease and speed promise greater intimacy, but eventually the very attributes that attracted us to the new form seem to strip messages of their depth.

We’ve all experienced the thrill of reconnecting with elementary school friends on Facebook before slowly realizing we have nothing in common with them. Instagram continually reminds us that seeing what people ate for dinner feels like the furthest thing from actually having dinner with them.

Each new form gestures toward the fantasy of perfect communication. And each, in turn, becomes dispensable once it disappoints us.

A friend recently found out that her 25-year-old brother-in-law had never received a postcard in his life. She told me this with an air of such sadness and regret, as if that fact conveyed so much of what was wrong with the world. It seemed to imply that no one cared enough to take the trouble to buy a simple postcard and stamp, write a few lines and mail it to him. She decided to be the first.

Perhaps we have it backward. We seek communication that is easy and effortless, and think that will foster genuine connection. But what truly matters is the trouble we take.

Monica Cure is an assistant professor in the Torrey Honors Institute at Biola University. This article first appeared in the Los Angeles Times.

Pilot to be partly filmed in Tahoe

Lake Tahoe is one of the locations where a pilot TV show will be filmed.

Actress-producer Hallie Jordan of “Small Red Star Productions” and collaborating partners Jon and Danielle Artigo of “Artigo Indie Films” have started pre-production on “To the Bridge.”

When two women (Jordan and Artigo) are scorned by the same man at the same time, they plot their revenge. With a whirlwind of unexpected twists, they find themselves uncovering a new career path as artists in the realm of cheater justice.

This is the first collaboration of the two production companies.

Besides Tahoe, they will be filming on location in Las Vegas, San Francisco and Los Angeles.

The pilot is set to be released for distribution prior to the holidays.

Plein air artist to be at S. Tahoe studio

Plein air artist Jude Bischoff will be at the Pacific Crest Gallery in the Heavenly Village June 29-30 from 3-6pm.

Bischoff's Modern Animal series is of bold original oil paintings.

The term plein air painting describes the large movement of 20th century California artists who worked out of doors (en plein air), directly from nature in California. It is considered to be a regional variation on American Impressionism.

For more information, contact the South Lake Tahoe gallery at (530) 541.2325.

Improv group has 5 summer shows

The Tahoe Improv Players will be putting on four shows at the Valhalla Estate on the Tahoe Tallac Site plus a show at the Brewery Arts Center in Carson City.

Also on stage during the Aug. 6 show will be Laura "Whose Line Is It Anyway" Hall and Rick "Curb Your Enthusiasm" Hall.

Show dates:

July 9 Boathouse Theater

July 20 Brewery Arts Center

July 23 Valhalla Grand Hall

Aug. 6 Boathouse Theater

Aug. 20 Boathouse Theater.

All shows start at 7:30pm.

Health problems tied to sleep deprivation

By Jane E. Brody, New York Times

Think you do just fine on five or six hours of shut-eye? Chances are, you are among the many millions who unwittingly shortchange themselves on sleep.

Research shows that most people require seven or eight hours of sleep to function optimally. Failing to get enough sleep night after night can compromise your health and may even shorten your life. From infancy to old age, the effects of inadequate sleep can profoundly affect memory, learning, creativity, productivity and emotional stability, as well as your physical health.

According to sleep specialists at the University of Pittsburgh School of Medicine and Western Psychiatric Institute and Clinic, among others, a number of bodily systems are negatively affected by inadequate sleep: the heart, lungs and kidneys; appetite, metabolism and weight control; immune function and disease resistance; sensitivity to pain; reaction time; mood; and brain function.

Poor sleep is also a risk factor for depression and substance

abuse, especially among people with post-traumatic stress disorder, according to Anne Germain, associate professor of psychiatry at the University of Pittsburgh. People with PTSD tend to relive their trauma when they try to sleep, which keeps their brains in a heightened state of alertness.

Germain is studying what happens in the brains of sleeping veterans with PTSD in hopes of developing more effective treatments for them and for people with lesser degrees of stress that interfere with a good night's sleep.

The elderly are especially vulnerable. Timothy H. Monk, who directs the Human Chronobiology Research Program at Western Psychiatric, heads a five-year federally funded study of circadian rhythms, sleep strength, stress reactivity, brain function and genetics among the elderly.

"The circadian signal isn't as strong as people get older," he said.

He is finding that many are helped by standard behavioral treatments for insomnia, like maintaining a regular sleep schedule, avoiding late-in-day naps and caffeine, and reducing distractions from light, noise and pets.

It should come as no surprise that myriad bodily systems can be harmed by chronically shortened nights.

"Sleep affects almost every tissue in our bodies," said Dr. Michael J. Twery, a sleep specialist at the National Institutes of Health.

Several studies have linked insufficient sleep to weight gain. Not only do night owls with shortchanged sleep have more time to eat, drink and snack, but levels of the hormone leptin, which tells the brain enough food has been consumed, are lower in the sleep-deprived while levels of ghrelin, which stimulates appetite, are higher.

In addition, metabolism slows when one's circadian rhythm and sleep are disrupted; if not counteracted by increased exercise or reduced caloric intake, this slowdown could add up to 10 extra pounds in a year.

The body's ability to process glucose is also adversely affected, which may ultimately result in Type 2 diabetes. In one study, healthy young men prevented from sleeping more than four hours a night for six nights in a row ended up with insulin and blood sugar levels like those of people deemed prediabetic. The risks of cardiovascular diseases and stroke are higher in people who sleep less than six hours a night. Even a single night of inadequate sleep can cause daylong elevations in blood pressure in people with hypertension. Inadequate sleep is also associated with calcification of coronary arteries and raised levels of inflammatory factors linked to heart disease. (In terms of cardiovascular disease, sleeping too much may also be risky. Higher rates of heart disease have been found among women who sleep more than nine hours nightly.)

The risk of cancer may also be elevated in people who fail to get enough sleep. A Japanese study of nearly 24,000 women ages 40 to 79 found that those who slept less than six hours a night were more likely to develop breast cancer than women who slept longer. The increased risk may result from diminished secretion of the sleep hormone melatonin. Among participants in the Nurses Health Study, Eva S. Schernhammer of Harvard Medical School found a link between low melatonin levels and an increased risk of breast cancer.

Children can also experience hormonal disruptions from inadequate sleep. Growth hormone is released during deep sleep; it not only stimulates growth in children, but also boosts muscle mass and repairs damaged cells and tissues in both children and adults.

During sleep, the body produces cytokines, cellular hormones

that help fight infections. Thus, short sleepers may be more susceptible to everyday infections like colds and flu. In a study of 153 healthy men and women, Sheldon Cohen and colleagues at Carnegie Mellon University found that those who slept less than seven hours a night were three times as likely to develop cold symptoms when exposed to a cold-causing virus than were people who slept eight or more hours.

Some of the most insidious effects of too little sleep involve mental processes like learning, memory, judgment and problem-solving. During sleep, new learning and memory pathways become encoded in the brain, and adequate sleep is necessary for those pathways to work optimally. People who are well rested are better able to learn a task and more likely to remember what they learned. The cognitive decline that so often accompanies aging may in part result from chronically poor sleep.

With insufficient sleep, thinking slows, it is harder to focus and pay attention, and people are more likely to make poor decisions and take undue risks. As you might guess, these effects can be disastrous when operating a motor vehicle or dangerous machine.

In driving tests, sleep-deprived people perform as if drunk, and no amount of caffeine or cold air can negate the ill effects.

At your next health checkup, tell your doctor how long and how well you sleep. Be honest: Sleep duration and quality can be as important to your health as your blood pressure and cholesterol level.

Dance-techno concert at MontBleu

Bass Camp Lake Tahoe 2013 is described as a multimedia-charged concert with dance heavyweights Excision featuring The Executioner Video & Lighting, Installation, Adventure Club, Seven Lions, The M Machine, AndDrop! and Fiasko Danielswill.

The concert is July 20 at MontBleu in Stateline. The show begins at 4pm.

Tickets are \$35.

The massive audio-visual-techno set will feature projector video-mapping that displays 420-square-foot true-3D digital animation screen that arrives with plenty of bass and all the beat. Excision will perform a live set that will simultaneously sync 100,000 watts of audio meshed with animated video.

Time to audition for Missoula Children's Theatre

Auditions for Missoula Children's Theatre production of "Blackbeard the Pirate" are July 8 at South Tahoe Middle School multipurpose room from 10am-noon.

Those auditioning should arrive at 10am and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the auditions.

Auditions are free. If cast, there is a \$50 per child fee to

participate in this weeklong theater experience. A limited number of scholarships are available by calling Peggy Thompson at (530) 542.3632.

Approximately 60 roles are available for local students. All students entering grades 1-12 may audition. No advance preparation is necessary.

Rehearsals will be Monday through Thursday, 10am-2:30pm. The performances are scheduled for July 12 at 3pm and 6pm at Lake Tahoe Community College's Duke Theatre.

For more information, call Tahoe Arts Project at (530) 542.3632.

Optimist putting on day of fun in Tahoe Paradise

Optimist Day in the Park is June 22 at Tahoe Paradise Park.

The Optimist club of South Lake Tahoe will be hosting its 10th annual duck race at Meyers Paradise Park, along with lots of other activities.

The day starts with the semiannual pancake breakfast at 8am. For three hours people can eat all the pancakes, scramble eggs, and sausage for \$5.



The duck race is from 10am-2pm. Duck costumes will be judged at 11am, with the first ducks to begin racing as soon as the judging is complete. Business ducks may be purchased in advance from any optimist member.

Baby duck racing will also begin at 11am. They can be purchased in advance or at the door for \$5 each or a six quack for \$20.

While the duck race is beginning, more than 40 classic cars will begin to fill the parking lot. Official judging will take place at 3pm.

There will an official rib cook-off. At the other end the park hamburgers and veggies burgers will be on the grill.

The beer garden opens at 2pm.

The band Deep Fried Mojo will be playing.